

EMMYS: AND THE WINNER IS ... {pages 18, 20}

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Life and death: NYC's most stressful desk job

► Work at busiest crisis call center is nonstop, as Metro found out during a visit ► 100,000 calls fielded every year, many dealing with thoughts of suicide ► A look at the monumental task for those who take the calls {page 02}

MILES DIXON/METRO



► Nixaly Leonardo is one of about 40 mental health professionals taking calls at the Mental Health Association of New York City's Crisis Contact Center.

music

Grizzly Bear ready to roar

► OK, so maybe not ready to roar, but the indie band is at least ready to row {page 21}

sports

Jets win one in ugly fashion

► Took an overtime field goal to fall into victory in Miami against Fins {page 28}

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ALL FIVE GOLD MEDALISTS OF THE 2012 U.S. WOMEN'S OLYMPIC GYMNASTICS TEAM WILL BE PERFORMING AT BARCLAYS CENTER ON NOV. 18 IN THE KELLOGG'S® TOUR OF GYMNASTICS CHAMPIONS.

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Inside NYC's busiest suicide call center

► What it's like to convince New Yorkers not to end their lives ► 56 calls received in just two hours on a weekday afternoon ► Plus: The warning signs you should be on the lookout for

Quoted

"Many young Americans take [democracy] for granted because they've had it all their lives ... You must vote. You must use your democratic rights. Otherwise they will fade away."

DAW AUNG SAN SUU KYI, MYANMAR'S PRO-DEMOCRACY LEADER, DURING A SPEECH AT QUEENS COLLEGE THIS WEEKEND

In the news



Death on JFK plane

A 64-year-old woman died of an apparent heart attack Sunday during a Korean Air flight from Seoul, South Korea, to New York City, the Daily News reported. The woman was already dead when her plane landed at JFK Airport.

They can't see them, and they don't know where they are.

But they save lives, using only their voices and a few taps on a keyboard.

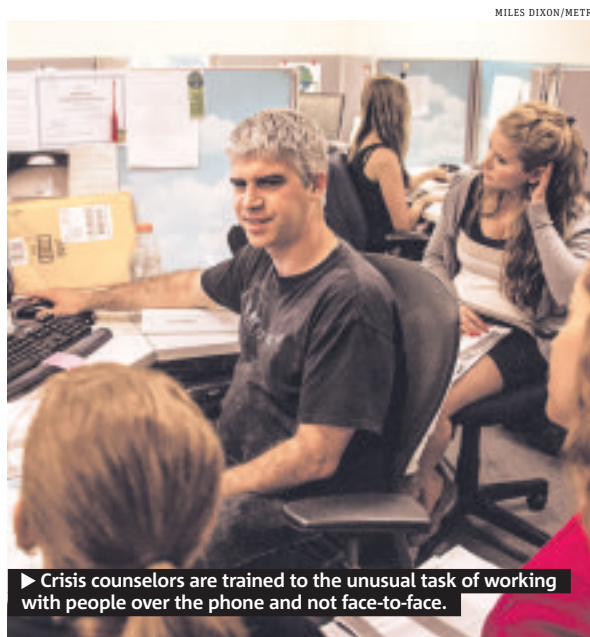
LifeNet, a free and confidential hotline for people battling struggles from substance abuse to suicide, operates its largest call center in New York City, at the Mental Health Association of New York City's Crisis Contact Center. The office fields calls from all five boroughs, from those who are feeling desperate, or suicidal, or perhaps just need someone to listen.

And LifeNet gets hundreds of calls a day. Every year, 100,000 calls come into the center. The call center answers more calls from the National Suicide Prevention Lifeline than any other center nationwide, fielding the majority out of the estimated 800,000 calls the NSPL will receive this year.

Many are people broken by dark thoughts. Some want a referral for a relative. Others, a few a month, require calls to 911 to dispatch an ambulance or rescue team. None in memory have committed suicide while on the line.

Metro spent an afternoon at the Mental Health Association's Broadway office and 56 calls came in one two-hour period alone. One caller was depressed, he said, because his illness caused him a great deal of pain and he was thinking of ending his life. A counselor directed him to a nearby hospital, which he promised to walk to.

Others helped by the hotline have donated to the program — one teenager, after calling in suicidal, sent a \$10



► Crisis counselors are trained to the unusual task of working with people over the phone and not face-to-face.

MILES DIXON/METRO

"The people who pick up the phone to call, they have hope."

CRISIS COUNSELOR DELY SANTIAGO, WHO WORKS AT THE CENTER

donation later that night with a note explaining how close to death he had felt before calling. The calls are answered by about 40 staffers who are mental health professionals.

Dely Santiago, 28, a Williamsburg psychotherapist, asks callers things like where they are, what they're thinking and what led to those thoughts. She then tries to steer them toward help, asking if they would be willing to go to a nearby hospital or have an ambulance escort them.

"Some people call and they know that's a possibility, but it's not what they want," she said. She determines if the person is an immediate danger to themselves or others — if they report feeling sad, for example, or say they are ready to swallow a bottle of nearby pills — and whether the best help might be an appointment or an ambulance. A serious call might require 20 to 30 minutes, and a shorter referral call could be two minutes or seven, she said.

Because she almost always refers callers to a hospital or elsewhere for help, Santiago never really knows the end result.

"I know I can't save everyone in the world, but I'd like to try," she said.



ALISON BOWEN
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Warning signs

National Suicide Prevention Awareness Week is in early September. For help or to report a suicide, contact the National Suicide Prevention Center Lifeline at 1-800-273-TALK (8255).

Signs that someone might be thinking about suicide:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing alcohol or drug use
- Acting anxious or agitated or behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating oneself
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

New Yorkers can also call LifeNet at 1-800-LIFENET to get referrals to mental health programs and resources. Online, www.800LifeNet.org offers info about common mental health issues along with program and medication listings.

When do they get the most calls?

Santiago said more calls arrive when a person is out of his or her usual routine: at night, on holidays or sitting by themselves with too much to think about on a weekend.

"This phone is nonstop on Saturday mornings," Santiago said. "When you're busy, you don't have time to wallow. It's hard to manage when you're home sitting alone with your thoughts."

Director Marshall Ellis adds that the staffers receive weeks of training that includes taking care of their own mental health.



Signs posted in high-risk areas

LifeNet has signs, as well as phones, posted on bridges throughout the city, including the George Washington Bridge and the Tappan Zee.

Fields calls from 12 different numbers

1-800-LifeNet is the main crisis intervention number for the Department of Health and is advertised on city subway posters and on television. The center is the hub of all inbound calls for a

dozen crisis hotlines and different numbers, including a Spanish suicide hotline and an anti-bullying hotline. The downtown office also receives calls from an NFL lifeline, a crisis hotline for current and former NFL players. New Yorkers calling 311 who ask to talk to a suicide or mental health

professional are also forwarded to the crisis center.

Volunteers also help

Elsewhere in the city, others answer similar calls. The Samaritans of New York's suicide prevention hotline answers

about 60,000 calls a year, director Alan Ross estimated.

Different on phone

Many mental health programs train to provide one-on-one care in an office where counselors face the client, Ellis said. But over

a phone, it can be different. Staffers don't know where the callers are or even if they are being completely truthful with their answers, so it is a different type of reading tones or answers. "You have a different dynamic not being able to see them," he said.



Weeknight Service Changes



**September 24 to 28
10PM to 5AM**

No **B**D****F****M** service at 6 Av stations:
14 St, 23 St, 34 St, 42 St, 47-50 Sts, and 57 St.**

- **D** and **F** trains are rerouted to the 8 Av line.
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 - Manhattan-bound service in Brooklyn and Queens ends at 9:30PM.
 - Service in Manhattan is available until 10PM.

Our FASTRACK subway maintenance program continues.

Visit mta.info for the complete 2012 FASTRACK schedule of service changes for all corridors.

Stay Informed.

We understand the inconvenience this may cause you, and we will do everything possible to help you get to your destination safely and easily. For updated information, look for station posters, visit mta.info to sign up for free email or text message alerts, or call 511.

Trespass charge for tiger victim

► Bronx Zoo staff makes rescue with help of fire extinguisher ► Man wanted to be 'one' with tiger
► Zoo director absolves big cat of blame for mauling

Talk about adding insult to injury.

The police brought trespassing charges this weekend against a man who was mauled after purposefully leaping from the Bronx Zoo's monorail over a 16-foot-high perimeter fence and into the tiger exhibit.

Zoo staff helped David Villalobos, 25, escape from the clutches of a 400-pound Siberian tiger Friday afternoon by keeping it at bay with a fire extinguisher.

But before Villalobos, a resident of Mahopac, N.Y., in Putnam County, could roll under an electrified wire to safety, he suffered a broken arm, a broken leg and puncture wounds to the back, according to the zoo and police.

"Because of the professionalism of our staff, we were able to prevent a bad situation from turning into a real tragedy," Bronx Zoo director Jim Breheny said. "We did not have to use deadly force, but we were prepared to do so if necessary."

He added that the "tiger did nothing wrong in this episode."

Villalobos, who was transferred by ambulance to Jacobi Medical Center, reportedly told investigators he was not committing suicide, but that he wanted to be "one with the tiger."

Police then charged him with criminal trespass and is-



► Their message: please refrain from feeding or petting us.

Wild tigers in trouble

Fewer than 3,200 tigers remain in the wild today, down from roughly 100,000 in 1920.

Conservationists say that poaching and habitat loss are among the biggest threats to the species' future survival.

"We were able to prevent a bad situation from turning into a real tragedy." BREHENY

sued him a desk appearance ticket, which requires him to appear in court at a future date.

JESSE GREENSPAN
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News in brief

Elderly man killed by car on Park Ave.

MANHATTAN. An elderly pedestrian was struck and killed by a sedan Saturday night during a two-car pileup at the intersection of Park Avenue and East 59th Street.

Rubin Baum, 80, who lived nearby on the Upper East Side, became trapped

under the Mazda after it collided with a Toyota Sienna and spun into the crosswalk, according to police.

A 62-year-old woman, identified in media reports as Baum's wife, was also hit and suffered a leg injury, police say. **METRO/JG**

Suspect arrested in TriBeCa rape

MANHATTAN. A homeless man was arrested Saturday for allegedly raping a 21-year-old woman earlier that

morning in Hudson River Park.

At about 5:15 a.m. Jonathan Stewart allegedly approached the woman, who was sitting on a park bench near the corner of West Street and Harrison Street in TriBeCa, according to the NYPD.

After attempting to speak with her, Stewart then allegedly struck her in the face, attempted to strangle her and sexually assaulted her in some nearby bushes. Police say the victim is in stable condition. **METRO/JG**

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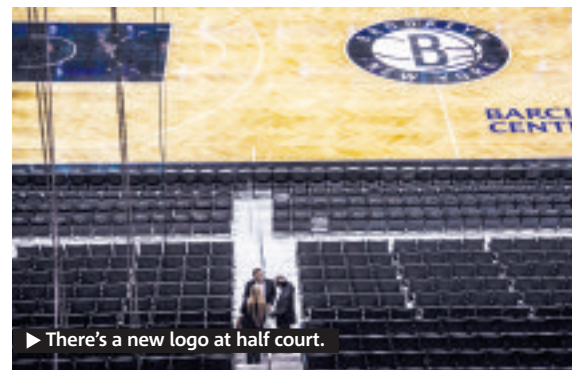
Day in photos

Barclays Center cuts ribbon on Friday

Metro got a peek into the Barclays Center on Friday when city officials celebrated the grand opening of the Brooklyn arena with an official ribbon cutting.

The 675,000-square-foot, 18,000-seat Barclays Center will officially open on Sept. 28 with a concert by rapper Jay-Z, and the Nets — formerly the New Jersey Nets — will play their first game at the arena, against the New York Knicks, on Nov. 1.

The team's arrival marks the first time in 55 years the borough can lay claim to a major professional sports team, following the removal of the celebrated Brooklyn Dodgers to Los Angeles, a move that outraged local baseball fans. **METRO/REUTERS**



PHOTOS: MILES DIXON/METRO

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Opinion

JUSTIN DOWD

WINNER OF METRO'S RACE TO SPACE



www.metro.us/weirdscience

Log on

Justin has produced a chalk-animation video to accompany this column. View it at www.metro.us/weirdscience

THE TRUE STORY OF GECKO FEET

Your day-to-day life will soon be affected by the bottom of a gecko's foot. But when you hear "atomic physics," one of the last images in your mind would be a reptile.

But geckos have one of the most amazing adaptations in the animal kingdom. The bottom of their feet isn't sticky, but covered in tiny hairs like a rug. Each hair has up to 1,000 split ends. A single gecko has around two billion split-end tips.

When these creatures walk on a leaf, the atoms in the tip of each hair come close to the atoms in the leaf. When an atom in one object comes close to an atom in another, there's a tiny attractive force like unimaginably small magnets. This is happening now between your body and everything you touch. Humans don't notice because there aren't enough atoms in our rough skin close to other surfaces.

A gecko's two billion hairs achieve such a high level of contact, there is enough attraction between foot atoms and leaf atoms to support the gecko's weight, even with a sin-

gle toe. They lift their feet by literally peeling the atoms in their toes away from atoms in other objects.

This atomic adaptation allows these creatures to run up the smoothest surfaces known to man without slipping. Geckos don't hold onto objects by friction, but by the total attractive force of atoms in close proximity.

Scientists can now mimic the fibers on the bottom of a gecko's foot artificially. Manipulating the number of hairs increases or decreases the amount of atoms in close proximity and strength of the material. A single piece of the strongest man-made gecko foot attracts atoms so strongly, a sticky-note sized piece can hold a weight of 660 pounds.

This means soon you will soon say goodbye to Velcro or nailing a TV to the wall. These materials will replace many of the adhesives in everyday life. This is a consequence resulting from a study of geckos walking on leaves. That is a true story of gecko feet. The world is not what it seems.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



Today's winner: 'Fireworks'

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Iran accuses IAEA of passing nuclear secrets to Israel

GETTY IMAGES

A senior Iranian lawmaker accused the head of the United Nations' nuclear watchdog yesterday of passing confidential information about Iran's nuclear activities to Israel.

In the latest sign of strained relations with the International Atomic Energy Agency, Javad Jahangirzadeh, a member of parliament's presiding board, said IAEA chief Yukiya Amano would be to blame if Iran reduced its ties with the body.

"Amano's repeated trips to Tel Aviv and asking the Israeli officials' views about Iran's nuclear activities indicates that Iran's nuclear information has been disclosed to the Zionist regime [Israel] and other enemies of the Islamic Republic," Jahangirzadeh was quoted as saying by Iran's English-language Press TV.

The IAEA was not immediately available to comment. Records show Amano has made only one visit to Israel in his capacity as IAEA chief, in August 2010. He visited Tehran in May this year.

"If the agency's actions lead to Iran cutting cooperation with this international body, all responsibility will be with the IAEA director general," said Jahangirzadeh, also a member of parliament's national security and foreign policy committee.

Last week, Iranian nuclear energy chief Fereydoon Abbasi-Davani said "terrorists" might have infiltrated the Vienna-based agency. He suggested the IAEA included too much sensitive information about Iran's nuclear program in its reports that he said could be used by saboteurs.



► Iranian officials are worried the Russian-built Bushehr nuclear power plant could be vulnerable to saboteurs.

Iranian general: Iran could strike preemptively

Iran could launch a preemptive strike on Israel if it was sure the Jewish state were preparing to attack it, a senior commander of its elite Revolutionary Guards was quoted as saying yesterday.

Amir Ali Hajizadeh, a brigadier general in the Islamic Revolutionary Guard Corps, made the comments to Iran's state-run Arabic language Al-Alam television, according to a report on the network's website.

"Iran will not start any war, but it could launch a preemptive attack if it was sure that the enemies are putting the final touches to attack it," Al-Alam said, paraphrasing the military commander.

Hajizadeh also said any attack on Iranian soil could trigger "World War Three."

Quoted

"If the agency's actions lead to Iran cutting cooperation with this international body, all responsibility will be with the IAEA director general."

JAVAD JAHANGIRZADEH

Western diplomats dismissed his allegations as an attempt to distract attention away from the agency's bid to gain access to a site in Iran it suspects was used for nuclear weapons research, something Tehran denies.

Iran blames Israel and its Western allies for the assassination of nuclear scientists in Iran. It also blames those countries for computer viruses that appeared designed to damage its nuclear machinery. **REUTERS**

Iran denies hacking American banks

Iran denied its hackers attacked American banks, the semi-official Fars news agency reported yesterday, following a Reuters report that three of the largest American lenders were repeatedly targeted over the past year.

The hacking of websites and corporate networks at Bank of America Corp, JPMorgan Chase & Co. and Citigroup Inc. began in late 2011 and escalated this

year, people familiar with the situation told Reuters.

"We officially announce that we haven't had any attacks," head of Iran's civil defense agency Gholam Reza Jalali told Fars.

Reuters reported the hackers targeted the three banks in retaliation for their enforcement of Western economic sanctions against Iran's disputed nuclear program.

Iran says the program is aimed at generating electricity

and not, as the United States, Israel and others allege, at making nuclear weapons.

The Islamic state has beefed up its cyber capabilities after the nuclear program came under attack in 2010 by the Stuxnet computer worm, which caused centrifuges to fail at its main enrichment facility.

Security experts say Iran's cyber capabilities are not as sophisticated as those of China, Russia or the United States.

REUTERS

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[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

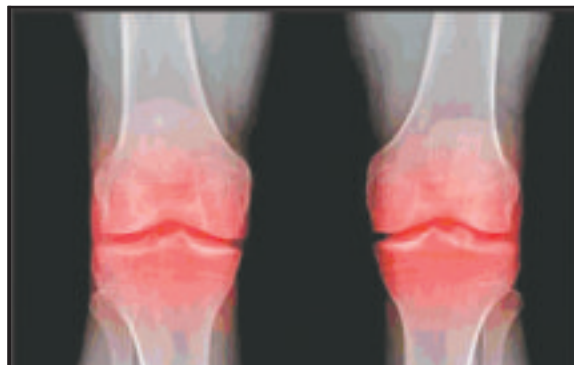
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Killing the killers: AIDS, malaria on edge of extinction

▶ Global Fund leader tells Metro that malaria and AIDS are one big push away from becoming history

"Malaria and AIDS transmission will be down to zero by 2015. They will not be a problem." It's a bold statement, but Gabriel Jaramillo, general manager of the Global Fund to Fight AIDS, Tuberculosis and Malaria, is in a confident mood. Ahead of the "Big Push" awareness campaign this week, he told Metro why the killer diseases are almost extinct.

Jaramillo details successes in the developing world: Child mortality in Ethiopia is down 50 percent in five years, HIV transmissions in Cambodia are now lower than Australia. Tech-

The Big Push

Launching in New York today, the Big Push is a major digital campaign to ensure the awareness and funds are in place to match the target of stopping AIDS and malaria by 2015, in line with the Millennium Development Goals. The campaign has heavyweight support, including Microsoft boss Bill Gates and actress Charlize Theron. To get involved, use the hashtag #bigpush on Twitter.

nology advances and international cooperation have been key; the Global Fund works in 151 countries and emerging solutions quickly become universal and affordable. "AIDS treatment cost \$12,000 eight years ago, now it's \$125. A mosquito net was \$10, now it's \$3 and lasts five years."

Ray Chambers, the UN special envoy for malaria, has seen the results. "We went from 1 million deaths five years ago to under 500,000 this year," he told Metro. "The World Health Organization say they have never seen anything compara-



▶ Access to inexpensive mosquito nets has contributed to the decline in cases of malaria worldwide, according to Gabriel Jaramillo of the Global Fund.

30M

Minimum number of people who have died of complications from AIDS, according to the World Health Organization.

1.2M

Number of people who die from malaria each year, according to the WHO.

ble on a major disease."

Jaramillo, bought in from the financial sector following a string of corruption scandals to hit the Fund, says he has "introduced private sector practices into global health" to restore donor confidence, and it has helped bring in a \$400 million pledge from world leaders. He has launched innovative partnerships, such as using Coca-Cola transport to deliver drugs.

Curing diseases can have far-reaching consequences. It is estimated that malaria costs Sub-Saharan Africa \$40 billion a year in absences, while for-

mer national security US adviser Jim Jones recently stated that the Global Fund is more effective at reducing terrorism than military interventions.

The impact is being felt on the front line. "There has been a lot of progress on access to health care, and treatment has expanded enormously," Simon Wright, head of child survival for Save the Children, told Metro. "Pricing medicine has been a big success story, and the Global Fund have made drugs available much cheaper." ● KIERON MONKS, METRO

WORLD NEWS

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All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry.....	Up To.....\$750	Art Deco.....	Up To.....\$10,000
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Pendants.....	Up To.....\$8,000	Rings.....	Up To.....\$10,000
Necklaces.....	Up To.....\$20,000	Art Nouveau.....	Up To.....\$12,000
Cocktail Rings.....	Up To.....\$15,000	Lockettes.....	Up To.....\$8,000
Chain Bracelets.....	Up To.....\$5,000	Gamblers Jewelry.....	Up To.....\$1,000
Earrings.....	Up To.....\$10,000	Wristlets.....	Up To.....\$750
Bracelets.....	Up To.....\$15,000	Floral Design.....	Up To.....\$10,000
Cameos.....	Up To.....\$750		
Victorian.....	Up To.....\$10,000		



We Need Your Jewelry Items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!



DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....\$375
1/2 Carats.....	Up To.....\$1,500
1 Carats.....	Up To.....\$4,250
2 Carats.....	Up To.....\$15,250
3 Carats.....	Up To.....\$20,000
4 Carats.....	Up To.....\$35,000
5 Carats.....	Up To.....\$43,000
6 Carats.....	Up To.....\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!



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- Rings
- Necklaces
- Anklets
- Earrings
- Pendants
- Toe Rings
- Chains
- Bracelets
- Engraved



GOLD

All Types Needed
Instant Cash For:



Pay up to for the following:

Chains & Necklaces.....	Up To.....\$250
Class Rings.....	Up To.....\$600
Charm Bracelets.....	Up To.....\$5,500
Wedding Bands.....	Up To.....\$250
Mountings.....	Up To.....\$750
Antique Items.....	Up To.....\$5,500
Single Flatware Items.....	Up To.....\$750
Dental Gold Items.....	Up To.....\$500
Coins & Bullion.....	Bring for quote
Scrap Gold.....	Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!



ALL TYPES OF COINS WANTED



We will pay up to for the following rare coins:

*U.S. Silver Halves 1664 and Older	*U.S. Three Cent Pieces 1859 and Older
*U.S. Silver Quarters 1902 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1904 and Older	*U.S. Indian Head 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870 CC.....	Up To.....\$3,000
U.S. Silver Quarters - 1901 S Quarters.....	Up To.....\$2,500
U.S. Silver Dimes - 1885 S.....	Up To.....\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse.....	Up To.....\$4,000
U.S. Two Cent - 1864 Small Motto.....	Up To.....\$1,000
U.S. Large Cent - 1803 Large Date Small Fraction.....	Up To.....\$1,250
U.S. Half Cent - 1793.....	Up To.....\$1,250



SILVER DOLLARS

We pay up to the following for rare dollars:

United States		
1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....\$25,000
Gobrecht reeded edge dye alignment.....	Up To.....\$5,500
1873CC Liberty Sealed.....	Up To.....\$5,500
1878CC.....	Up To.....\$15,500
1889CC.....	Up To.....\$13,000
1928.....	Up To.....\$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

2 DAYS ONLY!

 THIS WEDNESDAY, SEPTEMBER 26th & THURSDAY, SEPTEMBER 27th at
THE HILTON NEW YORK & THE MARRIOTT BROOKLYN BRIDGE.


YOUR ITEM LIST



Take a few moments to check ✓ off the items you may have that we need!

JEWELRY:

- ✓ Gold Jewelry
- ✓ Silver Jewelry
- ✓ Diamond Jewelry
- ✓ Watchsets
- ✓ Pocketwatches
- ✓ Antique Jewelry
- ✓ Cameos
- ✓ Platinum Jewelry

- ✓ Charm Bracelets
- ✓ Gold Rings
- ✓ Garnet Jewelry
- ✓ Enamel Items on Gold & Silver
- ✓ Dental Gold

COINS & PAPER MONEY:

- ✓ Silver Dollars (Pre-1935)
- ✓ Silver Coins (Pre-1954)

- ✓ Silver Bars
- ✓ Gold Bars
- ✓ U.S. Gold Coins
- ✓ Foreign Gold Coins
- ✓ Gold Bullion Coins
- ✓ Proof Sets
- ✓ Mint Sets
- ✓ Paper Money (1860-1934)
- ✓ Coin Collections

- ✓ Carson City Silver Dollars
- ✓ Indianhead Pennies
- ✓ Investment Coins
- ✓ Certified Coins

STERLING SILVER:

- ✓ Silver Jewelry
- ✓ Flatware Sets
- ✓ Single Flatware Items

- ✓ Tea Sets
- ✓ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER


 All Time Periods,
 Kinds & Types


We will pay up to for the following:

Centerpieces.....	Up To.....	\$3,500
Claret Jugs.....	Up To.....	\$750
Full Flatware Set.....	Up To.....	\$8,500
Punch Bowls & Sets.....	Up To.....	\$5,000
Single Flatware Items.....	Up To.....	\$750
Tea Sets.....	Up To.....	\$5,000
Trophies.....	Up To.....	\$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.



GOLD COINS

 We pay up to the following for rare gold:
 United States


\$1.00 1849 to 1869	\$5.00 1795 to 1833	\$10.00 1795 to 1804
\$2.50 1796 to 1834	\$5.00 1834 to 1838	\$10.00 1839 to 1932
\$2.50 1840 to 1929	\$5.00 1839 to 1908	\$20.00 1850 to 1933
\$3.00 1864 to 1869	\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

\$1.00 1849C.....	Up To.....	\$10,000
\$2.50 1796 Capped Bust large left side.....	Up To.....	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head.....	Up To.....	\$5,000
\$3.00 1864D.....	Up To.....	\$10,000
\$5.00 1795 Small Eagle.....	Up To.....	\$62,000
\$5.00 1838D.....	Up To.....	\$10,000
\$5.00 1842C Small Date, 1851D, 1854S.....	Up To.....	\$6,500
\$5.00 1909D, 1909.....	Up To.....	\$6,500
\$15.00 1793 13 Leaves Below Eagle.....	Up To.....	\$20,500
\$10.00 1850C, 1863S, 1875.....	Up To.....	\$8,000
\$20.00 1850C, 1854C, 1860C, 1861S, 1870CC, 1886, 1891.....	Up To.....	\$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Bell.....	\$4,000	Galett.....	\$1,250	Geth Thomas.....	\$1,500
Brilliant.....	\$15,000	Hamilton.....	\$500	Tiffany & Co.....	\$15,000
Cartier.....	\$12,500	Binck.....	\$1,500	Ulyssee Nardin.....	\$10,000
Corum.....	\$3,000	Jules Jurgensen.....	\$16,000	Chronograph Watches.....	\$16,500
Disham.....	\$14,000	LeCoultre.....	\$5,000	Ladies Watches.....	\$11,000
Dudley.....	\$11,500	Longines.....	\$13,000		
E. Howard & Co.....	\$12,000	Movado.....	\$2,500		
Elgin.....	\$750	Omega.....	\$2,500		
Frodham.....	\$12,000	Roler.....	\$16,000		

PLEASE NOTE:

We also purchase watches that are NOT in working order.


 Breitling
 Up To \$15,000

 Rolex - All Kinds
 Up To \$16,000

 Tiffany & Co.
 Up To \$15,000

 Cartier
 Up To \$12,500

 Longines
 Up To \$13,000

WANTED ALL SILVER COINS

1964 or Prior



Satisfied Customer Testimonials

 Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
 — C. Bar

 I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
 — J. Greer

It was really fast!

— A. Dario

 I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
 — J. Street

 My service was exceptional!
 — C. Sweeney

Very informative & professional. A relaxed atmosphere & experience.

— D. Ren

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.

— D. Smith

I was offered a certain amount at one place and when I told RCFG the

amount they beat the price by a good amount. People are very friendly and courteous.

— J. Bloomberg

 Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would recommend RCFG!
 — C. Lang

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Romney trailing behind in support from women

President Barack Obama's standing with white females has not improved even as his party has spent much of 2012 attacking Republicans as out of touch on women's issues.

But Democrats' rhetoric about a "war on women" has created doubt in the minds of white women about supporting the Republican ticket, hurting presidential nominee Mitt Romney with a demographic he must win.

It's a stark reality for Romney, who needs suburban women in his camp to offset Obama's lock on black voters and overwhelming support among Hispanics.

"It's possible that by elec-

46 Percent of white women voters Obama won in 2008. A recent poll shows he now has 47 percent.

8 Romney is polling 88 points lower than McCain's 53 percent in the percent of women's votes he can win.

56 Percent of all women voters for Obama

37 Percent of all women voters for Romney

tion that vote will look very similar to 2008," said Kyle Kondik, political analyst at the University of Virginia Center for Politics. "But getting to 2008 numbers doesn't do it for Romney."

In swing states, Obama's attempts to rally women around social issues have received mixed results. In Virginia and Florida, Romney still leads Obama among white women but has seen a drop-off in support, while in Colorado and Wisconsin, he has picked up votes, according to recent Quinnipiac University surveys and 2008 exit polls. In Ohio, the gap is virtually unchanged.

Across those five battle-

grounds, Obama has either not seen a change or he has fallen out of favor with many white women. It's a fact Republicans think they can build on going into the final stretch of the campaign.

"I like our chances knowing that, versus the million and one hurdles that the McCain-Palin team faced in 2008," said Pete Snyder, who is leading the Republican Party's coordinated campaign efforts in Virginia. "If the challenge here is just up the ante a little bit more with white women and that's the path to the presidency, I like that as an issue for the next six weeks." **STEVE CONTORNO, WASHINGTON EXAMINER**

News in brief

Romney gets big fish bucks in Calif.

Having declared that his presidential campaign does not need a makeover, Republican Mitt Romney raised millions of dollars at two fundraisers in Southern California on Saturday to help bankroll the final weeks of the race.

"I'm not even going to be able to go home today. We're just coming to town to see you and keep the campaign going," Romney told a well-heeled crowd at the Grand Del Mar Resort hotel in Del Mar, Calif. Some 650 supporters — including diet guru Jenny Craig — paid from \$1,000 to \$25,000 a head to hear Romney's 40-minute speech in Del Mar. **REUTERS**

Labor force stats indicate many are just discouraged

Economists, analyzing government data, estimate about 4 million fewer people are in the labor force than in December 2007, primarily due to a lack of jobs rather than the normal aging of America's population.

If all those so-called discouraged jobseekers had remained in the labor force, August's jobless rate of 8.1 percent would have been 10.5 percent. The jobs crisis spurred the Federal Reserve last week to launch a new bond-buying program and promise to keep it running until the labor market improves. The labor force participation rate, or the proportion of working-age Americans who have a job or are looking for one, has fallen by an unprecedented 2.5 percentage points since December 2007, slumping to a 31-year low of 63.5 percent. **REUTERS**

Metropolitik

CONN CARROLL

SENIOR EDITORIAL WRITER FOR THE WASHINGTON EXAMINER



CERTAIN IN LIFE: DEBT AND TAXES

Mitt Romney may be tied with President Obama in the latest Gallup tracking poll, but that has not stopped the liberal media from declaring the race over ... again. The pundits' latest excuse for writing off Romney is a grainy videotape from May in which Romney can barely be heard saying: "There are 47 percent of the people who will vote for the president no matter what. All right, there are 47 percent who are with him, who are dependent upon government, who believe that they are victims, who believe the government has a responsibility to care for them, who believe that they are entitled to health care, to food, to housing, to you-name-it. That that's an entitlement. And the government should give it to them. And they will vote for this president no matter what. ... These are people who pay no income tax."

Worse than most off-the-cuff remarks, that quote is a mess of overlapping, but very different, demographics, ideas and statistics. Let's untangle them a bit.

First off, Romney seems dead accurate on his estimation of how many Americans will support Obama this fall. Gallup has Romney and Obama both pegged at 47 percent in its latest poll.

But, even though 46 percent of Americans pay no federal income tax, not only do many of those same Americans pay payroll taxes, but many of them, including the working poor and senior citizens, are probably going to vote for Romney this fall. These people are not victims, and Romney should not write them off.

Romney is much more on target when he suggests that Americans are dependent on government like never before. According to the Census Bureau, 49 percent of Americans currently live in a household where at least one person received some type of government benefit. (Medicaid, Social Security, food stamps, Pell Grants, etc.)

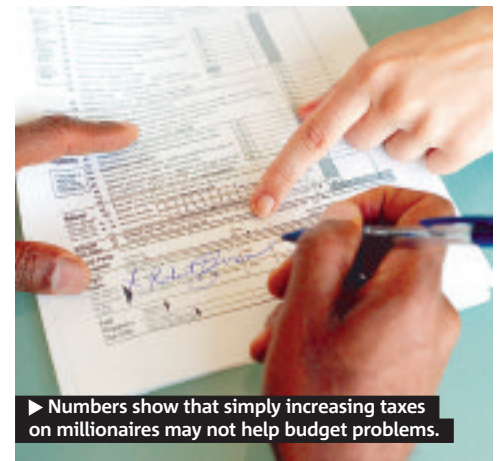
But again, many of the people in this group — particularly Social Security and Medicare recipients — will be voting for Romney in the fall, too. And again, these people do not necessarily perceive themselves as victims. The federal government promised them that if they paid payroll taxes throughout their careers, then Social Security and Medicare would be there for them when they retired. Protecting these programs is no different than honoring a contract signed long ago. There is nothing more conservative than that.

Unfortunately, the federal government can't afford all the promises it has made. According to the 2012 Trustees Report, the Social Security system is already paying out \$165 billion more in benefits than it will take in in taxes this year. The same is true for the Medicare Parts A, B, and D — programs that were \$225 billion in the red.

Instead of fixing this existing entitlement fiscal disaster, Obama chose to create a brand-new one. Obamacare will cost \$1.8 trillion during just the first 10 years. Obama has convinced the American

Quoted

The federal government promised [workers] that if they paid payroll taxes throughout their careers, then Social Security and Medicare would be there for them when they retired. Protecting these programs is no different than honoring a contract signed long ago. There is nothing more conservative than that. Unfortunately, the federal government cannot afford all the promises it has made.



► Numbers show that simply increasing taxes on millionaires may not help budget problems.

people that all of this deficit spending can be paid for just by raising taxes on the rich. It isn't true.

According to Obama's own budget, his tax hikes will raise only \$952 billion over the next 10 years. In the meantime, he plans to spend more than \$40 trillion while adding another \$6.4 trillion to our existing \$16 trillion debt.

These numbers show why Obama's legislative affairs director, Rob Nabors, admitted to Bob Woodward, "You could raise all the taxes you want on millionaires ... and it would never raise enough."

The kernel of truth behind Romney's riff on the 47 percent is that our country simply can't afford Obama's spending plans without massive tax hikes on everyone ... even those who are currently struggling to get by while paying no income taxes at all.

— Conn Carroll (ccarroll@washingtongaminer.com) is a senior editorial writer for The Washington Examiner. Follow him on Twitter at @connccarroll.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Bending the law degree

► Once a fringe field, animal law is now an established practice ► Lawyer, animal advocate and author Yolanda Eisenstein on her outside-the-box career guide

Around 2007, Yolanda Eisenstein starting looking for a way to put her law degree to work for a humanitarian cause.

"I wanted to start my own practice. I discovered an emerging area of the law, animal law, that really interested me, because I had always been an animal advocate," she explains. "I really had no idea that I could use my law degree in that area."

Today Eisenstein has her own animal law practice in Dallas, Tex., where she specializes in pet trusts, nonprofit law for advocacy groups and wrongful death litigation.

Recently, Eisenstein authored "Careers in Animal Law: Welfare, Protection, and Advocacy," the first guidebook of its kind released by the

American Bar Association. "Careers in Animal Law" provides outside-the-box ideas on finding work in the field, from government positions and public policy analysis, to nonprofits and private practice. The book also includes 13 extended profiles of lawyers who specialize

in animal law.

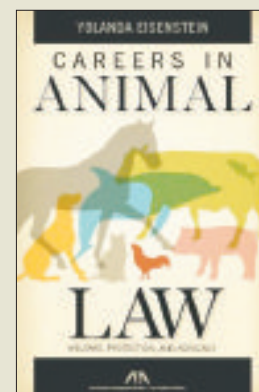
Eisenstein readily admits that animal advocacy is not currently the most profitable area of the law, but she sees it as one of the fastest-growing fields in the profession.

"I see a lot of comparisons to environmental law. When it started, most in the profession thought these lawyers were just a bunch of 'tree-huggers,' and no one saw it as a lucrative area of the law," she says. "But look at it now: It's become a very established, recognized area of the law. Unless you're my age, you don't even remember a time when environmental law wasn't taken seriously."

BRUCE WALSH
bruce.walsh@metro.us



► At the moment, animal law isn't a very profitable area of the law, but it's one that's growing quickly.



Degree options

The Lewis & Clark Law School in Portland, Ore., boasts the only Animal Law degree program in the country. Founded in 2008, the Animal Law Center at Lewis & Clark is affiliated with the Animal Legal Defense Fund. There are scholarships available, including a "litigation fellowship" awarded each year.

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during the Open House
for guests.

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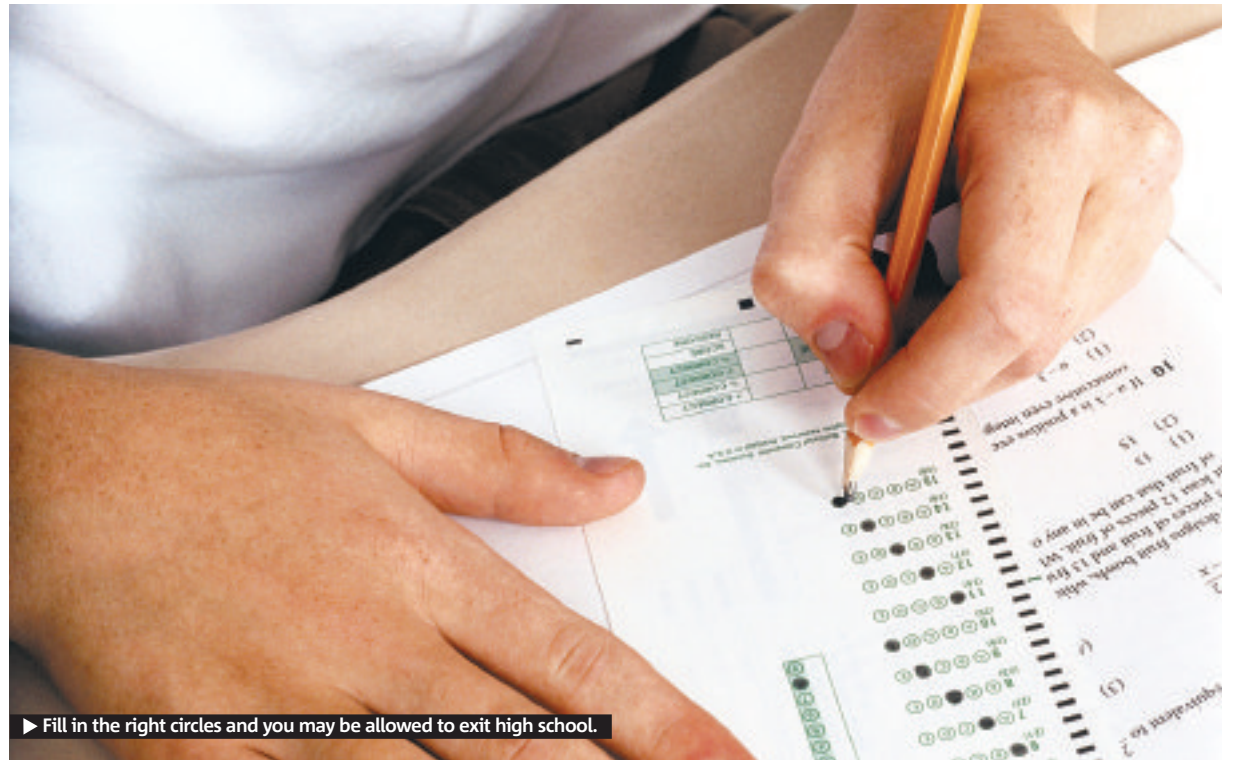
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► New Center for Education Policy study questions increasingly difficult standardized tests for high schoolers ► Doubts linger about college prep



► Fill in the right circles and you may be allowed to exit high school.

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A failing grade for exit exams

Last week, the Center for Education Policy, a subsidiary of George Washington University in Washington, D.C., released its latest study on high school exit exams. To put the findings bluntly, the tests are getting harder.

A total of 25 states currently require seniors to pass a comprehensive exit exam before graduation. Of those, eight say their tests align with the Common Core State Standards, a higher exit-exam level than any state has enacted previously. (The CCSS is a set of college-ready testing benchmarks, recently developed in part by the National Governors Association.) Ten more states say they plan to base their tests on the CCSS in the near future.

But, after more than a

Quoted

"I think it's important to ask ourselves: What is being sacrificed in order to do this testing? For me, I know this kind of testing is very expensive, so the question isn't, 'Are students tested too much?' A better question is, 'Are states spending too much money in these areas?'" MCINTOSH

decade of studying exit exams, the Center for Education Policy still can't say whether they actually help students become better prepared for college.

"It's a huge question mark at this point," says Shelby McIntosh, who led the study for the CEP. "So, I think it's important to ask ourselves: What is being sacrificed in order to do this testing? For me, I know this kind of testing is very expensive, so the question isn't, 'Are students tested too much?' A better question is, 'Are states spending too much money in these areas when they could be investing in something more beneficial to students?'"



BRUCE WALSH
bruce.walsh@metro.us

Demographics

The CEP also found that exit exams disproportionately affect low-income students.

"These policies tend to be more common in states that

have higher populations of students that historically struggle more in school. About seven in 10 students, nationally, are impacted by exit exams. But it's more like 83 percent for English-language learners," says

McIntosh. "States have historically struggled to find the extra support that those students need. So, going forward, if the bar is raised even further, what kinds of support do states have planned?"

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

Kellan Lutz is really into gum



Is that a packet of iD in your pocket or are you just happy about gum, Kellan?

It's all gum all the time for **Kellan Lutz** — with a few starring roles thrown in.

Last Wednesday, the "Twilight" star popped up at Helen Mills, a theater and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD Gum, a new brand of the chewy stuff which is geared to teens.

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD Gum?'" the actor asked philosophically.

The collaboration between iD and Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told reporters about his decision to lend his name to iD.

Everyone is fleeing from Amanda Bynes

Things don't seem to be getting any better for **Amanda Bynes**. The actress has been charged with two counts of driving on a suspended license, according to TMZ. On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she's become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion.

Right. Because fashion people don't need things like lawyers or publicists or agents. No reason to worry at all, Amanda.

Dude loves gum, amiright? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of "Twilight" [and possibly a new flavor of gum]. He continued: "It feels like closing a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that [like I'm looking forward to this piece of iD Gum]. It's been great having my own project now, to [chew delicious gum and] be the lead in "Tarzan" [a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort]. Hopefully we can franchise that. It's going to be great [just like this piece of iD Gum I'm waiting to chomp on]."

—With additional reporting by Olivia Morrow

Talking points

Justin Timberlake heads to Cabo

Justin Timberlake knows how to celebrate. He was spotted with pals arriving in Cabo San Lucas, Mexico on Friday, where he'll reportedly spend a week with fiancée **Jessica Biel** and pals celebrating their impending nuptials, according to Us Weekly. The Mexican vacation began just hours after Timberlake hit up several nightclubs in Las Vegas for what sources are referring

to as his bachelor party. Whatever the purpose of the night out, Timberlake "was a good boy," says a source who spotted him at one poolside club packed with models. "It was just him and his guys in their cabana."

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it. "I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad

about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home. "I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

Hilton apologizes about gay slur

Paris Hilton is on damage control after a recording of her calling gay men



► Hilton

"disgusting" went public last week. Hilton insists to gay rights group GLAAD that she "always will be a huge supporter of the gay community" in a public statement. "I am so sorry and so upset that I caused pain to my gay friends, fans and their families," she says. "I was having a private conversation with a friend of mine who is gay and our conversation was in no way towards the entire gay community." In chat, secretly recorded during a taxi ride in New York, Hilton said, "Gay guys are the horniest people in the world. They're disgusting. Dude, most of them probably have AIDS."

2



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Leonard Nimoy is using Twitter to manage his social life, Zachary Quinto is a little scared of Los Angeles, Jackie Collins likes stating the obvious and Sarah Silverman doesn't like what she's smelling.

@TheRealNimoy
Senor Quinto. Dinner soon?

@ZacharyQuinto
sunset between high-land and crescent is really its own particular brand of crazy.

@jackiejcollins
Channing Tatum is good to look at

@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately



Leonard Nimoy

Best of the Emmys red carpet

1 Hello, bombshell! **Kat Dennings** was very casual about the fact that she looked like this.

2 And now, a word from **Jon Hamm** on wearing a suit like a movie star. Take it away, Jon.

3 **Heidi Klum** was rocking that "I'm single, hot and rich" glow.

4 **Sofia Vergara**, God bless her, doesn't do subtle.

5 **Ginnifer Goodwin** took a risk with this Topsy Preschoolers for Anthropologie number.

6 **Lena Dunham** — the 26-year-old creator of the HBO hit "Girls" — confused the Emmys with her own wake.

● **MONICA WEYMOUTH**

1: FRAZER HARRISON/GETTY IMAGES
2: JEFF KRAVITZ/FILMMAGIC
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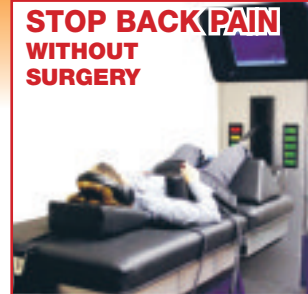
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TV watch list

'Partners'

COMEDY. A gay man, Louis (Michael Urie), fears he's going to lose his straight BFF business partner, Joe (David Krumholtz), after the latter proposes to his girlfriend

(Sophia Bush). (Cheer up, Louis — your supportive boyfriend is played by



Watch the tight-knit "Partners" crew tonight.

SMALLZ + RASKIND/WARNER BROS

Brandon Routh.) This sitcom from "Will & Grace" creators David Kohan and Max Mutchnick was inspired by the duo's real-life friendship. **Series premiere, 8:30 p.m., CBS**

'Mike & Molly'

COMEDY. The honeymoon's over for Mike (Billy Gardell) and Molly (Melissa McCarthy), who begin to adjust to mar-

ried life in Season 3. **Season premiere, 9:30 p.m., CBS**

'Dancing with the Stars: All-Stars'

REALITY. The show's first all-star season features 13 former contestants, including favorites such as Kirstie Alley and those still pushing the definition of celebrity, like Bristol Palin. **Season premiere,**

8 p.m., ABC

'Castle'

DRAMA. Now that the will-they-won't-they question has been answered by Beckett (Stana Katic) and Castle's (Nathan Fillion) Season 4-closing makeout session, what do the detective and author do now? Keep the relationship quiet and

continue solving crimes, apparently. **Season premiere, 10 p.m., ABC**

'Hawaii Five-O'

DRAMA. Christine Lahti joins the cast as Steve McGarrett's (Alex O'Loughlin) presumed-dead mom, who unexpectedly arrives on his doorstep.

Season premiere, 10 p.m., CBS

● AMBER RAY

Three films cluster at top of American box office

RELATIVITY MEDIA

Box office



► Jennifer Lawrence, left, and Elisabeth Shue star in "House at the End of the Street."

Police drama "End of Watch" and horror thriller "House at the End of the Street" tied for the top spot at the North American box office this weekend, with Clint Eastwood's "Trouble With the Curve" close behind.

The gritty "End of Watch," written and directed by the writer of 2001 crime drama "Training Day," David Ayer, brought in \$13 million at U.S. and Canadian box offices.

"House at the End of the Street," which features Jennifer Lawrence in her first role since this year's blockbuster "The Hunger Games," also collected \$13 million.

Baseball movie "Trouble with the Curve" was hot on the heels of the top films, taking in \$12.7 million, according to box-office estimates released yesterday. The film is Clint Eastwood's first starring role in four years and comes less than a month after his headline-

grabbing speech at the Republican National Convention.

The close finish among the top-three films was a reflection that the broad slate of new releases, each of which targeted a different demographic, divided up the moviegoing audience.

Futuristic action film "Dredd" disappointed with a mere \$6.3 million on its debut weekend, failing to crack the top five.

Warner Bros., a unit of Time Warner, released "Trouble with the Curve." Relativity Media released "House at the End of the Street." Open Road Films, a joint venture of the AMC and Regal theater chains, released "End of Watch."

Sony Corp.'s movie studio released "Resident Evil: Retribution," which finished first last week and dropped to the fourth spot this weekend. "Dredd" was released by Lions Gate. **REUTERS**

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▶ Jimmy Kimmel gave the show some much-needed life.

ABC/TODD WAWRYCHUK

Good times for great TV

▶ A fun Primetime Emmys show? ▶ Playful host Jimmy Kimmel made the unthinkable happen on a night when 'Modern Family,' 'Homeland' won big

With a wink and a nod toward everything the Primetime Emmys usually is — slow, boring and self-congratulatory — host Jimmy Kimmel injected life into the 64th edition of the awards show broadcast live from Los Angeles last night.

In the pre-taped opener, an over-botoxed Kimmel received a morale boost from an all-star cast of nominated funny ladies and presenters — including a naked Lena Dunham eating a birthday cake on a toilet — primping backstage for TV's biggest night. It was a smart, quirky and unexpected commentary on the evening, which Kimmel later summed up in his monologue: Ten hours of getting ready, heatstroke on the red carpet, no carbs in months, and it's all worth it to see if "So You Think You Could Dance" star Cat Deeley would win for

Other standout moments

Host Jimmy Kimmel sat between "Breaking Bad" stars Bryan Cranston and Aaron Paul — who won for best supporting actor in a drama — and asked if they had ever pondered what their AMC show would have been like before cable.

Cut to a black-and-white spoof on the opening credits to "The Andy Griffith Show," with Cranston and Paul's characters wearing their trademark hazmat suits — and carrying fishing rods to the 'ole swimming hole. Subversive and genius!

best reality TV host (Tom Bergeron of "Dancing with the Stars" beat her for the statue).

It was all worth it for the cast and creators of "Modern Family" and "Homeland." The ABC sitcom, named best comedy, dominated the category, with additional statues going to stars Eric Stonestreet and Julie Bowen for best supporting actor and actress, and creator Steve Levitan taking the award for best direction.

Freshman Showtime series "Homeland" was named top drama, with its headlining duo also taking high honors: Claire Danes won for best lead actress, while Damian Lewis was awarded best lead actor. The series also took the statue for best drama writing.

AMBER RAY
amber.ray@metro.us

2012 winners

For the full list of winners, visit www.metro.us/tv.

- ▶ **Drama series:** "Homeland"
- ▶ **Comedy series:** "Modern Family"
- ▶ **Miniseries or movie:** "Game Change"
- ▶ **Lead actor, comedy:** Jon Cryer, "Two and a Half Men"
- ▶ **Lead actress, comedy:** Julia Louis-Dreyfus, "Veep"
- ▶ **Lead actor, drama:** Damian Lewis, "Homeland"
- ▶ **Lead actress, drama:** Claire Danes, "Homeland"
- ▶ **Lead actress, miniseries or movie:** Julianne Moore, "Game Change"
- ▶ **Lead actor, miniseries or movie:** Kevin Costner, "Hatfields & McCoy's"

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Grin and Bear it

► This band has had some Grizzly situations with disinterested fans, Stephen Colbert and Ryan Gosling

The things you do for art. In August, a month shy of the release of Brooklyn-based quartet Grizzly Bear's fourth album, "Shields," the band appeared on "The Colbert Report" packed in a tiny dinghy with effusive host Stephen Colbert, wobbling precariously like they might capsize at any moment — which was not part of the script.

"I don't think Colbert realized that there was a simulated water cushion underneath that would start rocking," says Grizzly Bear founder, singer and keyboard player Ed Droste. "He was like, 'Oh my God, who chose this?'"

It was an unusual situation — but all present took it in stride.

"We don't usually get to do

Quoted

"There's no goal to fill arenas or anything like that. We don't make that kind of music."

ED DROSTE

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interviews on television. We usually just play the song. So, that was new for us. He was really fun to chat with, of course. It was totally fun, we had a great time," Droste says.

Droste says more awkward situations arose when the band first started.

"The oddest situation was back when we were unknown and we'd book our own tours," he says. "I remember playing this diner in Minneapolis, which had this little stage attached. There were four people watching us, but mostly it was people eating tuna melts and thinking it was loud and, 'Who are these people?'"

Now that Grizzly Bear have boated with Colbert and backed Ryan Gosling — their songs dominate the "Blue Valentine" soundtrack — can



► Grizzly Bear are, from left, Daniel Rossen, Chris Taylor, Ed Droste and Chris Bear.

BARBARA ANASTACIO

Playing the 'Shields'

Droste admits that recording the band's proggy-influenced new album, "Shields," was challenging. "[It] can be very diffi-

cult with four strong-minded people in the band," he says. "There are challenging moments where people might disagree. But if everything came really easily and we all agreed we'd think, 'OK, we have a problem here.'"

there be any career goals left?

"We're just happy doing what we're doing. Just being where we are now. There's no goal to fill arenas or anything like that," says Droste. "We don't make that kind of music."



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OPEN ROAD FILMS



The LAPD, 'real as possible'

► Jake Gyllenhaal and Michael Pena star as two young LAPD officers who are marked for death after crossing a notorious cartel.

► 'End of Watch' tackles the LAPD
► What stars Jake Gyllenhaal and Michael Pena had to undergo to make a 'good police film'

Training Day" screenwriter David Ayers is making his directorial debut with the police thriller "End of Watch," but he says he was unfazed by the enormous task of capturing the Los Angeles Police Department — thanks mostly to his familiarity with the landscape. "It's the city I came of age in, I know it like the back of my hand," Ayers says. "I wanted to go at this like it was a documentary. It's as real as possible. It ended up a labor of love."

He apparently knows the LAPD like the back of his hand as well. Between writing "Training Day" and "SWAT" and helming "End of Watch," Ayers has a clear affinity for Los Angeles' finest. "I think the LAPD is a fascinating institution with incredible history," he says. "They set the benchmark for the rest of the country."

Taking on the role of one of the two officers at the center of the film, Jake Gyllenhaal felt he owed it to the real LAPD officers he met to live as they do in order to capture their essence. That meant not only long rehearsals — and an aggressive shaved head — but extensive training. "We did five months of ride-a-longs, two to three nights a week," Gyllenhaal says of his time spent with real LAPD officers. "What's behind the badge is a real human being and the relationships they

Quoted

"I think the LAPD is a fascinating institution with incredible history. They set the benchmark for the rest of the country."

DIRECTOR DAVID AYERS

have. Like in this movie, what these two characters have is incredibly special."

Playing the other side of that bond is Michael Pena, who says he knows what makes a good police film: "partners who click."

"In 'Training Day,' if Ethan Hawke and Denzel Washington don't have that connection, it doesn't work," Pena says, though he admits it took a while for him and Gyllenhaal to find that connection themselves. "We did not get along that well in the beginning. We knew that there was that brotherhood that we needed in order to make this work. It was written right in the script. Damn! They're not just partners — they're brothers."



METRO WORLD NEWS IN HOLLYWOOD

The darker 'Judge Dredd'

Most actors might balk at the idea of taking on a character whose face is obscured by a mask for the entire film, but New Zealand native Karl Urban was actually looking forward to that aspect of "Dredd," the second screen outing of the dark and violent comic-book hero. "At one point, one of the producers turned to me and said, 'Just so we're clear, you're aware that Dredd keeps the helmet on in this movie. It's not coming off at any point,'" Urban remembers. "And I looked at him and said, 'I would not be taking this meeting if he did.'"

Of course, that means Urban can't use his eyes to convey any emotions — something of a handicap for an actor. But he took that as a challenge more than anything else. "You have to look at all the other tools that are available to you," he says. "Your voice becomes extremely important. In my research I discovered a passage in one of the comics that described Dredd's voice as a saw cutting through bone, so that was sort of the starting point for me. What you see and hear in the movie is my approximation of that."



► Although you won't see his face, Karl Urban is the man behind the 3-D reboot of "Judge Dredd."

Judge Dredd serves as a one-man judge, jury and executioner in the dystopian future Mega City One, so it's no surprise he's not the sunniest of characters — despite how he might

Quoted

"Going into this movie, I watched the Stallone version to see what worked and what didn't work. The way I wanted to approach the character was not to have the character be a posturing, bellowing character that was ground in ego. To me, that wasn't the Dredd that I knew."

KARL URBAN

have been presented in the campier Sylvester Stallone-fronted "Judge Dredd" in 1995. For Urban, it was important to distinguish the tone of this film from the lighter, sillier tone of its predecessor. "When I read the script, it became obvious to me that what we were endeavoring to do was completely different. Tonally, you couldn't get more different," he says. "Going into this movie, I watched

the Stallone version to see what worked and what didn't work. The way I wanted to approach the character was not to have the character be a posturing, bellowing character that was ground in ego. To me, that wasn't the Dredd that I knew. To me, it was far more interesting to have a character with this inner rage and struggling to contain it rather than letting it all explode." **• NED EHRBAR**

Yoga pose of the week

Mariachi's pose (side twist)

GET INTO IT:

1 Begin in staff pose: Sit up tall with your legs straight out in front of you. Then, bend your left knee and put the foot on the floor, with the heel as close to the left sitting bone as possible. Keep the right leg strong and rotated slightly inward; ground the head of the thigh bone into the floor.

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Lengthen your spine by grounding the straight-leg thigh and bent-knee foot.

2 Exhale and rotate your torso to the left, wrapping your right arm around the left thigh. Hold the outer thigh with your right hand, then pull the thigh up as you release



the left hip toward the floor.

- 3** Press your left fingertips onto the floor just behind your pelvis to lift the torso slightly up and forward. Keep your straight leg and bent-knee foot grounded. Continue lengthening the spine with each inhalation and twist a little more with each exhalation.
- 4** Hug the thigh to your belly, then lean back against your shoulder blades into an upper-back backbend.
- 5** Gently turn your head to the left to complete the twist in your cervical spine.
- 6** Hold for up to one minute.

— Kristin McGee is a celebrity yoga & Pilates instructor. Visit her website at www.kristinmcgee.com.

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The question

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It depends. If your thoughts of death are leading to sadness, depression and negative behavior, and taking a toll on your life, then that isn't so normal and is unhealthy. This is more a phobia, and it's called thanatophobia. If this is the case, then seek help. Work through some of the beliefs you have about death, but more importantly, start living your life! Ironically, fear of death might very well be your No. 1 obstacle to living a fulfilling life. But thinking about death can also be a good thing. Being aware of one's mortality can lead someone to live a more meaningful life, take better care of oneself and be more mindful of peaceful and altruistic behavior.



► So your friend might be a little narcissistic — let it go and focus on her positive traits.

The question

Every time my friend walks by a window or mirror she checks herself out in the reflection. Is that weird?

Every so often it is normal to glance at yourself in a mirror or walking by your reflection in a win-

dow. We all do it and it is actually hard not to. But it is not so normal to check yourself out every single time. To do so suggests either insecurity about how she looks, or the person is self-absorbed and narcissistic and just can't help it. Whatever the case, ask yourself: Does it really matter that your friend checks herself out? How does it really impact you, anyhow? This might be one of those

things that you dismiss about your friend. Start to focus on the things that you do like about her.

— Jonathan Alpert is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at jonathan@jonathanalpert.com.

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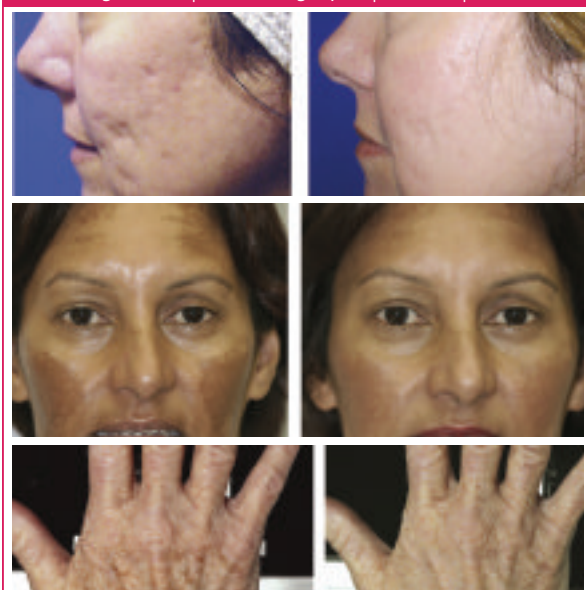
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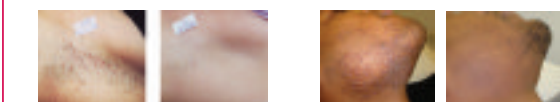
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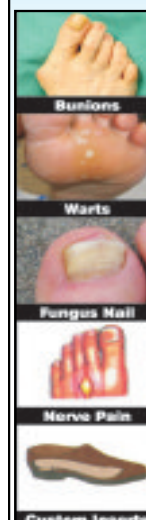
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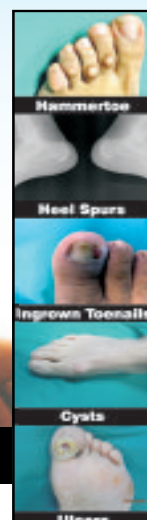
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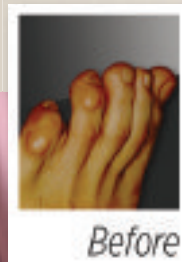
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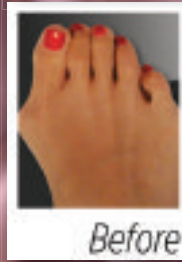
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The secrets behind successful women

Advice



DAN SCHAWBEL

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Kate White recently left her post as the editor-in-chief of Cosmopolitan magazine to write and speak full-time. Her latest book, "I Shouldn't Be Telling You This: Success Secrets Every Gutsy Girl Should Know," is a follow-up to her best-seller "Why Good Girls Don't Get Ahead...But Gutsy Girls Do." We caught up with her to talk successful female



► Don't be afraid to ask for what you want.

STOCKBYTE

leaders and career advice.

What do you believe are a woman's greatest challenges in the workplace?

I think one of the biggest challenges for women in the workplace is improving their ability to ask for what they want — especially when it comes to money. In fact, studies show that women are significantly less likely to negotiate a starting salary than men are. Keep in mind that the person offering you the job often has more money to play with than he or she indicates. The goal is to get you on board at the lower end of the scale, but women need to be gutsy enough to say, "I would love to join the organization, but I was hoping for X salary." We are hearing about extremely successful female leaders, including Sheryl Sandberg (COO of Facebook) and Marissa Mayer (president and CEO of Yahoo!). What do you think made them successful? I admire both of them. And I

think they're wonderful models in that they seem to say there is no one best model for female success today. I strongly believe that you have to figure out what works for you. Sheryl Sandberg has said she leaves at 5 every day and has cried at work. That works for her. Marissa Mayer is starting a new job at seven months pregnant, and that works for her. But those

Quoted

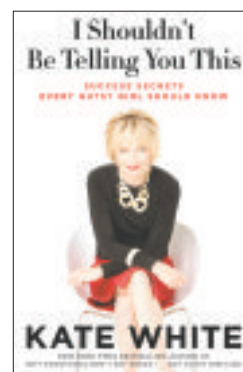
"Women need to be gutsy enough to say, 'I would love to join the organization, but I was hoping for X salary.'" KATE WHITE

strategies may not necessarily work for you. I accepted a new and challenging job when I was seven months pregnant and though it worked out OK in the end, I wouldn't do it over again. Take inspiration from other women, study their strategies, but ultimately create your own blueprint based on your job, your needs, your family, etc.

White's top

three tips:

- 1 "Don't worry about whether people will like you. You don't have to be obnoxious, but you can't be afraid to speak up, showcase your accomplishments and take on projects others might want."
- 2 "Go big or go home with your ideas, even if you have



to break the rules."

- 3 "In addition to excelling at your job, you have to be a relentless architect of your career and manage it even as you manage your job."

— Dan Schawbel is the founder of Millennial Branding, a Gen-Y research and consulting company. Subscribe to his updates at Facebook.com/DanSchawbel.

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Letters

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The best laid plains of mice and Dems

RE: "LOOK BETWEEN (PARTY) LINES" (METRO, SEPT. 20) Letter writer Mike Treacy begins his letter with an appeal to reason and facts, but quickly degenerates to Karl Rove/Fox News partisan rant. Sorry, but the eight years of the Bush administration left this county in a shambles. That is why Obama was elected. It was no surprise! And he did have a plan, but when a congressman of the opposing party yells "Liar!" during the very first State of the Union address and the leader of the opposing party in the Senate states, "The single most important thing we want to achieve is for President Obama to be a one-term president," what chance do his plans have? No one did that to Bush — even though

he was elected by the Supreme Court.
KATHY KOURIAN, VIA E-MAIL

Saturday's children are the real victims in today's society

RE: "ROMNEY VS. THE REST OF US" (METRO, SEPT. 20) Column writer Michael Frosch focuses on honesty as being the prescription for the health of a democracy,

What he misses is that his hero, Barack Obama, has not been honest. Did he not see the video from 1998 in which Obama confesses that he is a "redistributionist"? This is progressive-speak for taking my money and giving it to someone who has not earned it. My husband and I are members of the upper-middle

class. Our tax bracket is comprised of 5 percent of all Americans. Yet we pay 40 percent of the nation's tab. We both come from single parent households and started with nothing. I have the privilege of keeping 40 cents out of every dollar I earn as a psychiatric nurse. On of the things that I have learned in my job is that while some are unable to work due to chronic mental illness, many others are products of Lyndon Johnson's Great Society and have neither the grit or motivation to better themselves.

Yes, democracy depends on honesty. It also depends on economic freedom and fairness. Why is it fair for me to pay so much and be vilified, along with Mitt Romney, because we are successful?

DONNA S. COHEN, VIA E-MAIL

Romney's record is simply risky (and good) business

RE: "ELEPHANTS AREN'T THE ONLY ONES WITH A GOOD MEMORY" (METRO, SEPT. 21-23) Letter writer Brian Grau is accusing Mike Treacy and Republicans of lying, but he is immediately falling into the the same trap by stating that, "every company [Romney] bought has gone bankrupt."

Nothing could be farther from the truth.

Some of Romney's ventures were successes (can't name all due to space limitations — Staples, Sports Authority and Domino's certainly come to mind), and some were failures, but this is natural for any business that takes a risk.

Romney used his own funds for his investments, while Obama dumped taxpayers' money into Solyndra and similar failures, without a coherent business plan and accountability of the employees.

GAROLD MINKIN, VIA E-MAIL

Horoscope

♎ **Libra Sept. 23-Oct. 23.** Your way of doing things is likely to be superior to those of your associates, but you must be careful not to offend anybody who can't keep up. Don't complain or show off.

♏ **Scorpio Oct. 24-Nov. 22.** When you are left to your own devices, you can be exceptionally good at working out tedious complications. If you have a problem to solve, seek a secluded place.

♐ **Sagittarius Nov. 23-Dec. 21.** Show some kindness by helping a friend complete an important project. By doing so, you assure yourself of this pal's support down the line..

♑ **Capricorn Dec. 22-Jan. 19.** As the day progresses, deliberately loosen up a bit. Don't make everyone around you feel uncomfortable due to unwonted seriousness.

♒ **Aquarius Jan. 20-Feb. 19.** Try to conclude your business matters as early in the day as possible, because when you're rested you are likely to be thinking most clearly.

♓ **Pisces Feb. 20-March 20.** If you and some friends are going somewhere and you plan to share expenses, you had better have a clear-cut understanding as to who pays for what.

♈ **Aries March 21-April 19.** Being too

opinionated causes others to walk away and do their own thing. In order to attract friends, be open-minded and willing to go along with others' thinking.

♉ **Taurus April 20-May 20.** The day's events may cause you to get caught up with some essential last-minute assignments. Plan ahead, just in case you get stuck in the home stretch.

♊ **Gemini May 21-June 20.** If you're in need of some fun after work, go out with your pals but try to avoid crowded places. You'll enjoy yourself more in a place where you can chat intimately.

♋ **Cancer June 21-July 22.** A matter you've been anxious to get out of the way can be concluded to your satisfaction. However, in order to do so, you must make it a priority and not put it off for too long.

♌ **Leo July 23-Aug. 22.** By doing more listening than talking, you could learn something of extreme value. The secret is to find out what others know instead of trying to impress them with your wisdom.

♍ **Virgo Aug. 23-Sept. 22.** Financial trends look to be exceptionally encouraging for you, not necessarily in terms of making additional money, but for more effective use of resources.

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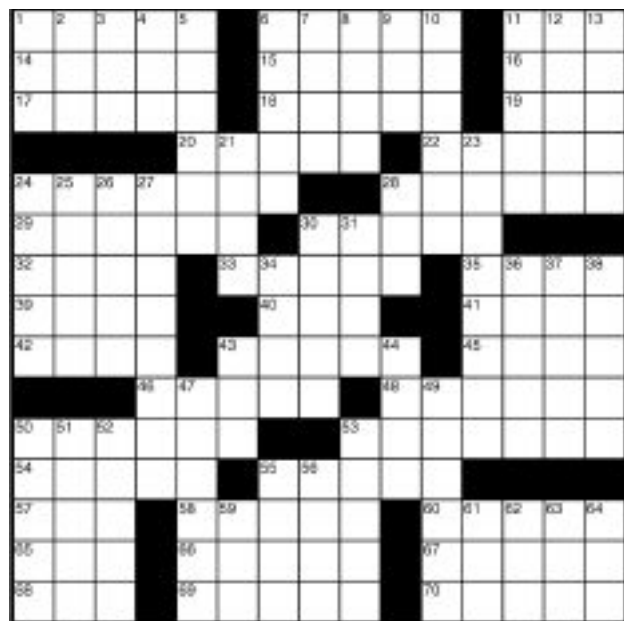
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Across

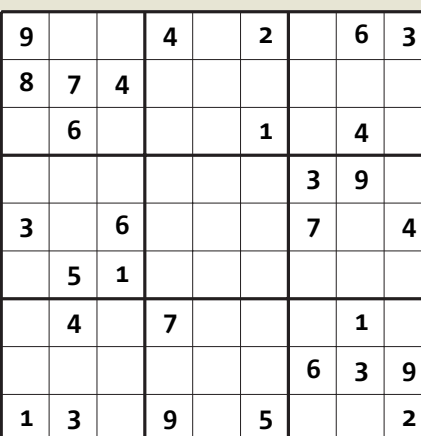
- 1 Cheeky
- 6 "Kundun" setting
- 11 Hack off
- 14 Sound
- 15 Common Market money
- 16 Notre Dame sight
- 17 Play for time
- 18 Black cattle
- 19 Mao — -tung
- 20 Jargon
- 22 Groom's attendant
- 24 Arms
- 28 Salad makings
- 29 Tolerates
- 30 Cheap ghost costume
- 32 Podium
- 33 Kind of balloon
- 35 Honor in style
- 39 Depot info
- 40 Zippy's word
- 41 Almond-shaped
- 42 Ricky Ricardo
- 43 Reason why
- 45 Little creek
- 46 New York area
- 48 It has a neck
- 50 Zigzag course
- 53 Walks like Mae West
- 54 Sheik's bevy
- 55 Modeling media
- 57 Giants hero of yore
- 58 Repeatedly
- 60 Wall climbers
- 65 Sighs of distress
- 66 Microwaved, slangily
- 67 Terra —
- 68 Thing on a ring
- 69 Shaman's quests
- 70 Dough raiser

Down

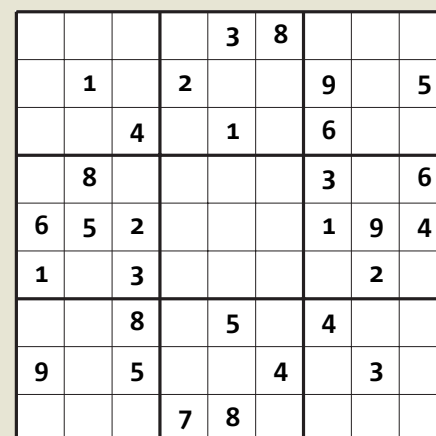
- 1 — -relief
- 2 Muddy track



- 3 Oklahoma town
- 4 — vous plait
- 5 Sinkhole
- 6 Is not upright
- 7 Suspended
- 8 Golden Fleece ship
- 9 Worthless coin
- 10 Make certain
- 11 Bending readily
- 12 Folger's Mrs.
- 13 Social equals
- 21 Technical sch.
- 23 Leave home (2 wds.)
- 24 Got one's feet wet
- 25 Overjoy
- 26 Phony handle
- 27 Within reach
- 28 Thicken
- 30 Crazy Horse's tribe
- 31 Hems and —
- 34 Meg or Nolan
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- 37 Keep score
- 38 Cherbourg shes
- 43 End of some URLs
- 44 Auction site
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- 49 Turn into bone
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- 56 Mortgage, e.g.
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- 61 Compete for
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Solution to weekend's crossword



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3

In the news

RU ranked

Rutgers jumped into the AP top 25 for the first time in three years yesterday.

The Scarlet Knights are ranked No. 23 after an impressive victory on the road at Arkansas Saturday night.

The Knights are 4-0 on the season under first-year head coach Kyle Flood. RB Jawan Jamison is fifth in the nation in rushing yards with 491. They take on UConn next Saturday in Piscataway, N.J.



► Jeremy Kerley scored the only offensive touchdown of the day for the Jets on this catch with 3:01 left in the fourth quarter.

NO STYLE POINTS

► Jets win a game about as ugly as it gets ► Folk kicks game-winner in overtime after Dolphins miss ► Offense looks inept for most of the contest

You could have predicted Jets head coach Rex Ryan's post-game comments before he even stepped to the microphone.

"Every win in this league is a great win and they're tough to get," Ryan said.

Yesterday's 23-20 overtime victory in Miami was tougher than most.

After Dolphins kicker Dan Carpenter shanked his second kick of the day, this one in overtime to win the game, Mark Sanchez marched the Jets 47 yards on five plays — the biggest a 38-yard pass to Antonio Holmes — to set up Nick Folk for the game-winning field goal.

"I don't know if I've been in

Revis update

Ryan didn't have an update on the condition of Darrelle Revis, who injured his knee in the second half, but said he will go for an MRI today.

► "Clearly with Darrelle — your best player — of course you're going to be concerned," Ryan said. "I don't know anything about it right now. We'll find out with the MRI tomorrow."

a tougher one than this," Ryan said. "Did we get breaks? We certainly got some breaks."

Sunday might have shown the Jets more problems than answers. They were 6-of-17 on third down, rushed for just 88 yards on 33 carries (2.7 yards per carry) and still look completely lost on how to use Tim Tebow. At no time was that more obvious than when a pass bounced off Tebow's helmet as he didn't appear to be anticipating it on a crucial third down.

"He's a multi-talented young man," Ryan said of Tebow after the game. "We're going to take advantage of him."

Tebow also was sacked on a 2nd-and-goal in the third quarter, one play before Sanchez threw an interception in the end zone to Chris Clemons.

"We knew it was going to be a tough one and I'm just proud of the way we pulled it out," Sanchez said.

The Jets' schedule gets much tougher over the next few games. They play San Francisco and Houston the next two weeks and after a respite against Indianapolis the second week of October, they travel to face New England in Week 7.



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23

JETS (2-1)

20

DOLPHINS (1-2)



What we learned ...

1 Cover issues — If Darrelle Revis is going to be out long term — and it looks like he may be — Kyle Wilson is going to need to step up. We learned during yesterday's game he has a long way to go. His pass interference penalty with 41 seconds left in regulation set up the game-tying field goal. Antonio Cromartie wasn't much better at times. Brian Hartline beat him in OT for what could've been the game-winner.

2 Turning point — Heading into the locker room down 10-3, things were looking pretty grim for the Jets, but 44 seconds into the third quarter, everything changed. Dolphins quarterback Ryan Tannehill rolled out under pressure and targeted tight end Anthony Fasano, but LaRon Landry picked it off and returned it for a TD. It was a massive momentum shift.

3 Couldn't get away — The Jets' running problems continued. They had just 88 yards on 33 carries and no one looked like a feature back. The Jets used Bilal Powell late in the game instead of Shonn Greene at times. Not even a few Tebow plays from the Wildcat got the inept ground game going. **● METRO**

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Yanks hit road after losing finale

Despite a 5-4 loss to the A's yesterday, the Yankees head on their final business trip of the regular season to Minnesota and Toronto as a first-place team.

"We want to win every game, that's the bottom line," manager Joe Girardi said. "We have a chance to win our division. We have a chance to win home-field advantage. It's a disappointing loss and we just have to move on and prepare for tomorrow."

The Yankees' rally fell short

ON TV TONIGHT

Yankees at Twins
8:10 p.m., YES

in the ninth when Alex Rodriguez flew out on the warning track and Robinson Cano struck out. The crowd roared anyway — just not for the Yankees. During the eighth inning, the Red Sox defeated the Orioles, eliciting a response when it flashed on the scoreboard.

"We see the scoreboard all year long," Girardi said. "Do

you look at it a little bit more importantly, sure? But I think our guys have been focused. I think you can tell the way we're playing and what we're doing and not worry about what everyone else is doing.

"I like the way we're playing. I mean, it's better than the alternative, right? I like the way we're playing; I like the fight in our guys. We come home and have a really good homestand and we've gotta carry it over to the road."

● LARRY FLEISHER



► Alex Rodriguez flew out to the warning track down one run in the ninth inning yesterday.

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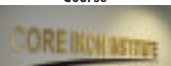


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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON* ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



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■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It #60 worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



SNORING?

As recommended by Dr. Gifford-Jones M. D.

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■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**